

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 33: Cross Tabulation of the Effect of School Lunch or Fast Food on Consumption of Fruits and Vegetables, Dairy Products, Whole Grains, and High Calorie, Low Nutrient Foods

Did you eat a lunch from the school cafeteria yesterday?

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-th-Box, Pizza Hut, or KFC?

Yesterday did you eat any pastries, such as doughnuts, Danish, sweet rolls, muffins, croissants, or poparts?

Yesterday did you eat any deep-fried foods, such as french fries, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?

Yesterday did you eat any potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

Yesterday, how many cans or glasses of regular soda (cola, lemon-lime) or sweetened carbonated beverages like Clearly Canadian did you drink?

Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, or no dressing at all?

Did you eat any fruits or vegetables, or drink any juice for [meal or snack] yesterday?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

What percent fat was most of the milk you drank yesterday?

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have yogurt yesterday, not including frozen yogurt?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

Yesterday how many servings of beans did you eat? This would include kidney beans, refried beans, chili beans, black beans, bean soup, bean salad, or lentils.

		%	Deep Fried Foods	Chips, Fried Snacks	Bakery Sweets/ Desserts	Pastries	Regular Salad Dressing ²
Adolescents Eating Fast Food	Yes	28	60 ***	41	40	25	78 **
	No	72	21	41	37	24	52
Adolescents Eating School Lunch¹	Yes	42	34	40	38	25	70 ***
	No	58	29	43	37	22	32
		%	5 Servings of Fruits and Vegetables	1 or More Servings of Beans	Whole Grain Bread	Whole/ 2% Milk ³	3 or More Servings or Dairy Products
Adolescents Eating Fast Food	Yes	28	38 *	27	69	72 **	69 *
	No	72	47	28	67	63	63
Adolescents Eating School Lunch¹	Yes	42	44	25	69	69 **	69
	No	58	45	25	70	56	65

¹ Includes only those adolescents who both ate lunch and attended school on the previous day.

² Out of Salad Eater.

³ Out of Milk Drinkers.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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